

Program Guide



OUR MISSION

Wellness House envisions a community where all people affected by cancer thrive. Offered at no cost, and as a complement to medical treatment, our programs educate, support, and empower participants so they will improve their physical and emotional well-being.

**Cancer
Support**

Provided FREE
of Charge

WELCOME TO WELLNESS HOUSE

We are a team of warm and caring experts ready to help those newly diagnosed, in treatment, and post treatment, as well as caregivers and families. All programs are provided at no cost.

Choose How You Participate



Wellness House offers a variety of classes, groups, and individual appointments in-person and online. Look for the **In-Person** icon throughout the guide to indicate in-person programming. Look for the **Online** icon throughout the guide to indicate online programming.



Program Registration

Register online at wellnesshouse.org

For Staff Registration, please email or call the staff member listed.

New to Wellness House?

Three easy ways to connect!

- #1 Call us at **630.323.5150**
- #2 Attend a Welcome to Wellness House Orientation
- #3 Register for a program at wellnesshouse.org

Welcome to Wellness House Orientation

Registration Required

Join us for an opportunity to learn more about how you can benefit and get started at Wellness house. We'll share an overview of programs, a tour of the house and a chance to meet staff.

	Mondays	5:30 - 6:30 pm
	Tuesdays	9:00 - 10:00 am
	Wednesdays	9:30 - 10:30 am
	Thursdays	12:00 - 1:00 pm
	Fridays	12:00 - 1:00 pm
	Saturdays	9:30 - 10:30 am
Jul 11, 18, 25 Aug 1, 8, 15, 22, 29 Sep 5, 12, 16		

HOURS OF OPERATION

Monday - Thursday

Reception Desk: 9:00 am - 7:00 pm
 Programs: 7:30 am - 8:30 pm

Friday

Reception Desk: 9:00 am - 5:00 pm
 Programs: 7:30 am - 5:00 pm

Saturday

Reception Desk: 9:00 am - 12:00 pm
 Programs: 7:30 am - 1:00 pm

Closings:

Friday, July 3, closed
 Saturday, July 4, closed
 Friday, September 4, closed at 3:00 pm
 Saturday, September 5, closed
 Monday, September 7, closed

Wednesday, July 1, open 9-5, no programs
 Thursday, July 2, open 9 - 5, no programs

THANK YOU TO OUR GENEROUS GRANTORS

Anonymous
 Guy A. and N. Kay Arboit Charitable Trust
 Bears Care
 CBOT Foundation
 The Coleman Foundation
 Community Memorial Foundation
 Duly Health and Care Charitable Fund of DuPage Foundation
 Elizabeth Morse Genius Charitable Trust
 The Greer Foundation
 Hinsdale Junior Woman's Club
 Illinois Department of Public Health
 Gene S. Moss Foundation II Inc.
 Naffah Family Charitable Foundation
 Oberweiler Foundation
 Edmond & Alice Opler Foundation
 Prostate Cancer Foundation of Chicago
 Ramon Bueno Cancer Support Foundation
 Rolfe Pancreatic Cancer Foundation
 Together at Peace
 Westlake Health Foundation

Unique Boutique

PERSONALIZED SALON AND BODYWORK

A warm and welcoming salon specializing in care for your hair, skin, and body. Experience personalized salon and bodywork offerings tailored specifically for people with cancer.

SALON SERVICES

HAIR CUTTING, SHAVING, & SHAPING

Licensed professional stylists provide haircuts, shaving, shaping, and wig styling to those experiencing hair loss due to treatment.

WIG BOUTIQUE

FITTING & STYLING

Receive personalized recommendations for wig style, color, fit, and care. One free wig is provided to participants experiencing hair loss due to treatment.

WELLNESS TUNE-UPS

MASSAGE THERAPY

Light, fully clothed massage therapy for relaxation. A physician's medical release is required.

REIKI, HEALING TOUCH

Energy-based therapies help increase relaxation and inner balance while reducing stress, pain and fatigue.

To schedule an appointment, call 630.654.5110 or email uniqueboutique@wellnesshouse.org
Appointments are limited & provided at no cost.

Unique Boutique in Chicago

Wednesday, Sept 9 | 5:00 - 7:00 pm

McKinley Park Public Library 1915 W. 35th St., Chicago
Wig appointments, Reiki healing circle, light refreshments, stress-relieving activities and more!



Glowing Through It

Registration Required

Monday, July 13 | 10:00 am - 12:00 pm
Thursday, August 13 | 10:00 am - 12:00 pm
Thursday, September 3 | 10:00 am - 12:00 pm

Eyebrows, scarves, makeup, and more to make you shine. This beauty class is for participants in active treatment.

All participants will receive a free makeup kit.

Community Acupuncture

Staff Registration Required

Friday, July 24 | 12:00 - 2:30 pm
Friday, August 21 | 12:00 - 2:30 pm
Friday, September 25 | 12:00 - 2:30 pm

Dr. Jeni Uswajesdadul, DACM, L.Ac

Using various points on the body, acupuncture treats the body, mind and spirit. A community, or shared, space provides a collective relaxation experience, strengthening connection and support with a focus on well-being.

A current medical release for Acupuncture is required.

Energy Healing Circle

Staff Registration Required

Fridays, July 31, September 11 | 1:00 - 2:00 pm

The Energy Healing Circle is a peaceful group experience where participants receive Reiki energy while seated quietly or reclining in zero gravity chairs. During this 45-minute group session, experienced practitioners use light touch to offer gentle comfort and support. Benefits of Reiki energy healing include relaxation, release of stress, and a sense of balance and well-being. All are welcome—no prior experience with energy healing is needed.

To register for these programs, contact Michelle Carnagio at mcarnagio@wellnesshouse.org or 630.560.0336

JOIN US FOR A FREE

BACK TO SCHOOL ICE CREAM SOCIAL

Thursday, Aug. 13, 2026

4:30 – 6:30 pm

In person | Wellness House

Join us at Wellness House for a sweet end-of-summer Ice Cream Social as we celebrate the start of a new school year and reconnect with friends. Enjoy a relaxing afternoon filled with treats, laughter, and meaningful time together with your Wellness House community.

Contact abarber@wellnesshouse.org or 630-654-5115 to learn more or to register.



**FREE TO ATTEND.
REGISTRATION REQUIRED.
SCAN TO REGISTER AND LEARN MORE.**

**Wellness
House** for LIVING
with CANCER
You'll feel better inside.

Wellness House | Main Location

The Kay & Mike Birck Home of Hope
131 North County Line Road, Hinsdale, Illinois 60521
Phone 630.323.5150 | wellnesshouse.org





Family picnic

Saturday, Sept. 12 | 1:00 – 3:30 pm

Wellness House, 131 N. County Line Road, Hinsdale

Join us for a fun Family Picnic in recognition of Pediatric Cancer Awareness Month. While we recognize children affected by cancer this month, this event is open to all families impacted by any type of cancer.



Enjoy:

- Lemonade in honor of the yellow ribbon
- Picnic favorites and snacks
- Arts and crafts
- Opportunities to connect with local nonprofits and other families who understand the cancer journey

Contact Lexie at abarber@wellnesshouse.org or 630-654-5115 to learn more.



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TASTE OF WELLNESS HOUSE NUTRITION FAIR 2026

FREE EVENT

Saturday, Oct. 3, 2026 | 9:00 am – 2:30 pm
In person | Wellness House

Featuring local vendors, cooking demonstrations, and practical culinary workshops designed to educate and promote a whole food, plant-based, cancer-fighting diet. This event is for anyone impacted by cancer.

Family friendly activities for kids ages 5-14 will be available and will include gardening, games, crafts, cooking, snacks, and more!

- **Cooking Demonstrations**
- **Nutrition Presentations**
- **Local Vendors**
- **Activities for Kids**



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TOP DOC LECTURES

For Information:

630.654.5197

Kara Niekamp

kniekamp@wellnesshouse.org

FEEL EMPOWERED with current and reliable topics to help you stay informed.

IN PERSON LECTURES | Registration Required

Breast Cancer Basics


Thursday, July 16 | 1:00 - 2:00 pm
Megan Randall, MD

Breast Cancer Basics is an educational session designed to help make the breast cancer journey feel less confusing and overwhelming. Participants will learn about different types of breast cancer, common terms, treatment approaches, and helpful questions to ask, all in a supportive setting and easy-to-understand language.

From Intercepting Breast Cancer Early to Surviving It — Updates Over the Last Year


Tuesday, August 4 | 6:00 - 7:30 pm
V.K. Gadi, MD, PhD, University of Illinois Cancer Center

This presentation will explore emerging technologies used to diagnose and monitor breast cancer. It will provide an overview of high-impact drug therapies and review updates in side effect management to support improved outcomes and quality of life.

Advances in Treatment for Melanoma and Other Skin Cancers


Tuesday, September 15 | 6:00 - 7:30 pm
Gaurav Singh, MD, M.P.H., F.A.C.M.S City of Hope Cancer Center

This interactive session will discuss the signs, symptoms, and treatment of skin cancers including basal cell carcinoma, squamous cell carcinoma, and melanoma. Skin cancer prevention and general care for healthy skin will also be discussed.

Ask the Cardio-Oncologist


Tuesday, September 29 | 6:00 - 7:30 pm
Jason Robin, M.D., F.A.C.C., City of Hope Cancer Center

We know that cancer therapy can impact the heart. Did you know that heart disease — and the risk factors that contribute to it — can impact cancer incidence and prognosis? Dr. Robin will explain the science of bi-directional cardio-oncology and answer participants' questions.

ONLINE LECTURES | Registration Required

Expanding What's Possible in Cancer Care: A Personalized, Comprehensive Approach with Integrative Cancer Care


Thursday, July 23 | 6:30 - 8:00 pm
Jennifer Ron, MD, Medlogic

This talk will focus on creating a personalized care plan based on where a patient is along the cancer continuum, with strategies and resources to support individual needs throughout care.



HOT TOPICS PROSTATE CANCER

Saturday, Sept. 19 | 8:30 am - 2:00 pm

Join oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research and treatment of Prostate Cancer.



SAVE THE DATE: TASTE OF WELLNESS HOUSE NUTRITION FAIR

Saturday, Oct. 3 | 9:00 am - 2:30 pm

Featuring local vendors, cooking demonstrations, and practical culinary workshops designed to educate and promote a whole food, plant-based, cancer-fighting diet.

PROSTATE CANCER FOUNDATION MEETINGS

*After the meetings, stay for Dinner with the RD from 6:00 - 7:00 pm for a healthy meal and informal Q&A with an oncology dietitian.
Registration required.*

Mental Health and Prostate Cancer



Wednesday, August 5 | 5:00 - 6:00 pm
In Person & Online

*William Hartsell, MD, Ascension Alexian Brothers
Medical Center, Radiation Oncology Consultants*

Men living with prostate cancer and their caregivers are invited to this discussion on the emotional impacts of a prostate cancer diagnosis for those diagnosed and their loved ones.

Updates in the Treatment of Prostate Cancer



Wednesday, September 2 | 5:00 - 6:00 pm
In Person & Online

*Michael Kharouta, MD, Advocate Illinois Masonic
Hospital, Radiation Oncology Consultants*

Men diagnosed with prostate cancer and their caregivers are invited to explore treatment options, current research, and common questions that arise during care.

DINNER WITH THE RD

August 5, September 2

6:00 - 7:00 pm

Wellness House

An interactive dinner on the role of nutrition in managing prostate cancer side effects, where an oncology dietitian shares insights on how nutrition supports health during treatment and recovery.

Wellness House for LIVING with CANCER

You'll feel better inside.

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The Kay & Mike Birck Home of Hope
131 North County Line Road
Hinsdale, Illinois 60521
Phone 630.323.5150 | wellnesshouse.org



INFORMATION & EDUCATION

For Information:

630.654.5197

Kara Niekamp

kniekamp@wellnesshouse.org

FEEL EMPOWERED with current and reliable information to help you to stay informed.

IN PERSON PROGRAMS



Regaining Your Balance: Managing Vestibular Symptoms Through and Beyond Treatment

Amanda Jirka PT, DPT, OCS, PT Solutions Physical Therapy
July 9 | 6:00 - 7:00 pm

Cancer treatments can place unexpected stress on the body's balance system. This presentation explains common vestibular issues experienced during and after treatment and offers evidence-based approaches to improve stability and confidence.

Benefits of Massage for Scar Tissue and Lymphedema

Karen Forslin-Bojansky, Karen LaFrano, Chuck LaFrano
July 21 | 6:00 - 7:30 pm

Scar tissue due to surgery can have long lasting problems and restrictions, and often persistent pain. Lymphedema problems from surgery, scar tissue, and lymph node dissection can also cause pain and restrictions. Chuck LaFrano will lead a discussion of the ways massage therapy can impact these situations and include concepts and techniques one can use on oneself.

Wellness House Death Café

Michael Williams, Psy.D., Wellness House
July 29 | 5:00 - 6:30 pm

Death café is a space to openly and respectfully exchange wonderings, worries, beliefs and support around dying and death, often providing participants a sense of connectedness, control and relief.

Wellness House Life Café

Michael Williams, Psy.D., Wellness House
July 30 | 11:00 am - 12:30 pm

Life Café allows participants to actively exchange ideas about the work you have done, or want to do, to reliably help you feel good in the midst of a cancer experience.

Good Sleep for Patients and Caregivers: What it Does for You and How to Get Better at It

Michael Williams, Psy.D., Wellness House
July 31 | 1:00 - 2:30 pm

Good sleep is a great partner in strengthening the foundation of your overall health. Join us for a presentation to learn what sleep does for you, strategies for improving it and to swap ideas with other participants about what has worked for you.

For questions or more information, please contact
Kara Niekamp at
630.654.5197 or
kniekamp@wellnesshouse.org



Wellness House Book Club:

A Matter of Death and Life

Sharon Kelleher, LCSW
August 7, 14, 21, 28 | 10:30 am - 12:00 pm

A year-long journey by the renowned psychiatrist and his writer wife after her terminal diagnosis, as they reflect on how to love and live without regret.

SURVIVORSHIP SERIES

ReRouting: Choosing Your Course After Cancer

Mondays, July 27 - August 24
6:00 - 7:30 pm
Location: McKinley Park Public Library, 1915 W 35th St., Chicago, IL 60605 (August 3 online)

Finishing cancer treatment often elicits a full range of emotions, as well as a new range of physical concerns and questions for both patients and caregivers. Join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment. You will receive the most benefit from attending each week in this series, though it is not required.



Cancer Thriving & Surviving

Wednesdays, August 5 - September 9
10:00 am - 12:30 pm

Cancer Thriving and Surviving is a 6-week interactive workshop for cancer survivors. The sessions are highly participative where mutual support and success builds confidence in your ability to manage your health and maintain an active and fulfilling life. Participants learn skills to help address concerns such as fear of recurrence, fatigue, pain, nutrition and more. The program is open to people with cancer, survivors, family, friends, and caregivers.



To register, contact Marci Goldberg at 630-654-5102 or mgoldberg@wellnesshouse.org.

Living with Prostate Cancer

Mondays, August 31 - September 28
6:00 - 7:30 pm

Location: Wellness House 131 N County Line Rd., Hinsdale
 This series is designed to provide helpful, research-based tips and strategies for coping with the impacts of prostate cancer diagnosis. With presentation topics including exercise, nutrition, and emotional support, patients and caregivers are invited to join for reliable information, peer support and goal-setting.





IN PERSON PROGRAMS



Yoga for Everyday Wellness

Jadyn Chipman, Exercise and Stress Management Manager, Wellness House

August 6 | 5:30 - 7:00 pm

Discover how yoga can support overall health and well-being in everyday life. Participants will learn simple and accessible practices that can be incorporated into daily routines to promote greater wellness, mindfulness, and resilience.

Benefits of Eastern Culture: How Tea Can Keep You Calm

August 11 | 6:00 - 7:30 pm

Dr. Ying "Lucy" Zhou, President, Hinsdale Multicultural Arts & Education Association (HMAE)

This program offers an introduction to traditional Chinese tea culture and its connection to calm, mindfulness, and inner balance. Participants will learn through hands-on practice during the session and receive video support to continue practicing at home.

From Burnout to Balance: Reclaiming Yourself as a Caregiver

Stella Hondros, Life & Leadership Coach, stella4success

August 18 | 6:00 - 7:00 pm

In this interactive workshop, we will explore the real impact caregiving has on mental, emotional, and physical health. Participants will learn how to recognize the warning signs of burnout, understand why it happens, and discover practical strategies to protect their well-being while continuing to care for others.

Why Acupuncture? How it Can Help with Side Effect Management

Ali Zhang, MD, L.Ac, DAOM

August 25 | 6:00 - 7:30 pm

This program will focus on how acupuncture can help with nausea, pain, dry mouth, joint pain, menopause symptoms, and more.

Reiki Share

Jane Van De Velde, DNP, RN, The Reiki Share Project

August 20 and September 17 | 6:00 - 8:00 pm

This program, sponsored by the Reiki Share Project, is for practitioners of any level who have taken Reiki classes at Wellness House or with other teachers.

Managing School Supports and 504s during Cancer

Susie Bohun, LCSW Oncology Support Counselor & Lexie Barber, CCLS, Oncology Child and Family Specialist, Wellness House

September 1 | 6:00 - 7:30 pm

This program will help families better understand and advocate for educational supports for children and adolescents impacted by cancer. Topics will include how to obtain accommodations and services in public and private schools, advocacy strategies, and overall resources to support a child's success and wellbeing in school.

GIST Life Raft Group

September 12 | 1:00 - 3:00 pm

Wellness House is happy to welcome the Chicago area chapter of the Life Raft Group. This group is for anyone diagnosed with Gastrointestinal Stromal Tumors (GIST) and their caregivers.

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ONLINE PROGRAMS



In Our Skin: LGBTQIA+ Survivorship, Sexuality, and Mental Health after Cancer

Ash Davidson, Advocate and Project Manager, The Cancer Network

Daniel G. Garza, Director of Outreach, Cheeky Charity

Kale Rael, Founder, Cancer Queers

Paula Chambers, Patient Advocate, 11-Year Colorectal Cancer Survivor, Founder, Celebration of Queer Joy

Alison Self, Founder, Cancer Queer

August 26 | 6:00 - 7:00 pm

Survivorship begins at diagnosis—so no matter where you are in your cancer experience, this session explores LGBTQIA+ survivorship through the lenses of sexual health and mental wellbeing. Together, we'll unpack changes in intimacy, body image, identity, and mental health, while highlighting affirming, community-rooted pathways to healing, pleasure, and meaning making.

Groove & Glow: A Zoom Dance Gathering

Jenny Hennek, MA, Yoga Instructor, Wellness House

September 24 | 6:00 - 7:00 pm

Join Jenny for a feel-good online dance party! DJ Jenny spins your favorite hits. Whether you're swaying in your chair or standing, every move is celebrated and everybody is welcome! We'll have a mindful warm-up and gentle cool down. So we can share the joy, please leave your cameras on. Come and have some fun!

WELLNESS HOUSE SHOWCASE



Curious about Wellness House's free cancer support services? Come experience them for yourself in this orientation-style program. Sample mini sessions such as exercise, nutrition, stress management, or support groups—and discover how these programs can support you.

Wellness House

131 N County Line Rd., Hinsdale, IL 60521

July 21 | 3:00 - 4:00 pm

August 14 | 1:00 - 2:00 pm

September 1 | 5:30 - 6:30 pm

McKinley Park Public Library

1915 W 35th St., Chicago, IL 60609

August 4 | 11:00 am - 12:30 pm

Advocate Good Samaritan Bhorade Cancer Center

3745 Highland Ave., Downers Grove, IL 60515

August 27 | 11:30 am - 1:00 pm

OSF Little Company of Mary Cancer Center

9374-9498 S. California Ave., Evergreen Park, IL 60805

September 10 | 12:00 - 1:30 pm

Mile Square Health Center

1220 S Wood St., Chicago, IL, 60608

September 14 | 5:30 - 7:00 pm



NUTRITION

For Information:

 Jamie Shifley, MS, RDN, LDN at
jshifley@wellnesshouse.org
 or call 630.654.5196

ENERGIZE with healthy eating tips to reduce cancer-related side effects.

IP = In Person class Online class

Learn about the latest in cancer nutrition while you learn how to prepare cancer-fighting, plant centered recipes. Samples provided.

Cooking Demonstrations	IP	Online	July	August	September	Time
Antioxidant Favorites	●		25			9:30 - 11:00 am
Familiar Favorites		●		15		9:30 - 11:00 am
Cooking Strategies for Cancer Treatments	●		16	20	17	10:30 am - 12:00 pm
Snack and Learn	●	●	14	11	8	11:30 am - 12:00 pm
Transitioning to a Cancer Fighting Diet	●		11	8	12	10:30 am - 12:00 pm
Meatless Mondays		●	13	3, 31		6:00 - 7:00 pm

BEREAVEMENT KITCHEN

Mondays, Jul 20, Aug 18, Sep 21
6:30 - 7:45 pm

Food and cooking can play a powerful role in healing from loss and processing grief. Cook with us and experience the power of cooking as connection to those we have lost. This class is open to all who have lost a loved one to cancer.

COOKING FOR ONE

Thursdays, Aug 6, Sep 3
11:45 am - 1:15 pm

This program teaches individuals cooking for one how to adjust recipes for smaller portions, scale ingredients, modify cooking times, and preserve flavors without food waste.

DATE NIGHT COUPLES COOKING

Mondays, Jul 13, Aug 10
5:30 - 7:00 pm

Staff Registration Required

Bring a spouse, friend, or family for a memorable night of cooking, laughter, and connection. You'll prepare delicious, nourishing recipes that are fun to make and eat together.

Recipes in cooking classes may contain common food allergens

PARTNER SITE GROUPS


Advocate Good Samaritan Bhorade Cancer Center:

3745 Highland Ave,
 Downers Grove

Cooking for Cancer
 Jul 9, Aug 13, Sep 10
 10:30 am - 12:00 pm

Lemons of Love:

406 W Central Road,
 Mount Prospect

Cooking for Cancer:
 Cooking demonstration
 with samples
 Jul 22, Aug 26, Sep 23
 6:00 - 7:30 pm

Loyola:

2160 S 1st Ave, Maywood

Nutrition Tips for GI
 Cancers
 Aug 27, Sep 24
 9:30 - 10:30 am
 Nutrition Tips for Head &
 Neck Cancers
 Jul 24
 9:30 - 11:00 am

UI Health Mile Square Health Center:

1220 S Wood St, Chicago,
 Room 1051

Cooking for Cancer:
 Cooking demonstration
 with samples
 July 15, Aug 19, Sep 16
 5:30 - 7:00 pm



Nutrition Presentations & Discussions

Feel empowered, gain confidence, and increase knowledge while learning current, evidence-based cancer nutrition with oncology dietitians.

MANAGING CANCER SIDE EFFECTS

Mondays | 12:00 - 1:00 pm | Online *no class Sep 7*

Wednesdays | 3:30 - 4:30 pm | In Person

Join us to learn dietary strategies to help combat these common cancer-related side effects

- Fatigue
- GI Issues: nausea, vomiting, constipation, diarrhea
- Low blood cell counts
- Poor appetite
- Taste changes: food tastes metallic, too sweet, bitter, or like cardboard

WALK & BRUNCH

Wednesdays, Aug 5, Sep 2 | 10:00 - 11:30 am

Start your morning off right by taking a walk with exercise staff followed by a catered breakfast. Participants will gather in the kitchen immediately after the walk.

DINNER WITH THE RD

Nutrition & Prostate Cancer

Wednesdays, Aug 5, Sep 2 | 6:00 - 7:00 pm

An interactive dinner on the role of nutrition in managing prostate cancer side effects, where an oncology dietitian shares insights on how nutrition supports health during treatment and recovery.

LUNCH WITH THE RD

An interactive lunch on the role of nutrition in managing breast & prostate cancer side effects, where an oncology dietitian shares insights on how nutrition supports health during treatment and recovery.

Nutrition & Breast Cancer

Thursday, Sep 3 | 1:00 - 1:45 pm

Nutrition & Prostate Cancer

Wednesdays, Jul 15, Aug 18, Sep 16 | 11:00 - 11:45 am

YOUNG ADULT MOCKTAILS WITH THE DIETITIAN

Monday, July 6 | 6:30 - 7:00 pm

Jamie Shifley, RD, Oncology Nutrition Manager

Join us for mocktails and light refreshments and enjoy a relaxed discussion about nutrition with one of our dietitians.



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For questions or to schedule an individual consultation, contact
Jamie Shifley, MS, RDN, LDN
at **630.654.5196** or
jshifley@wellnesshouse.org





EXERCISE

For Information:

630.654.7941

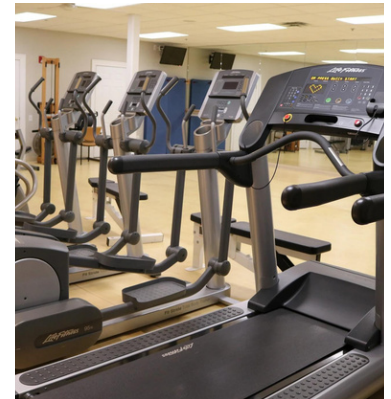
Brittany McClarey

bmccclarey@wellnesshouse.org

STAY ACTIVE with safe, recommended exercises before, during, and after cancer.

IP = In Person class Online class

	IP	Online	Time	Medical release required*
Monday				
Bodyweight Exercise for Strength & Balance		●	8:00 - 8:45 am	
Exercise After Cancer Treatment I	●		9:00 - 10:00 am	●
Beginner Mat Yoga		●	10:00 - 11:00 am	
Stretching through Cancer	●		10:00 - 10:45 am	
Exercise During Cancer Treatment II	●		10:30 - 11:30 am	●
Exercise During Cancer Treatment I	●		11:30 am - 12:30 pm	●
Chair Yoga	●		12:30 - 1:15 pm	
Exercise After Cancer Treatment II	●		4:30 - 5:30 pm	●
Exercise After Cancer Treatment I	●		5:30 - 6:30 pm	●
Breast Cancer Exercise	●		6:30 - 7:30 pm	●
Beginner Mat Yoga	●		6:30 - 7:30 pm	
Tuesday				
Exercise After Cancer Treatment II	●		7:30 - 8:30 am	●
Prostate Cancer Exercise		●	8:00 - 8:45 am	●
Exercise After Cancer Treatment I	●		8:30 - 9:30 am	●
Nia	●		9:00 - 10:00 am	●
Restore Your Core after Cancer	●	●	9:45 - 10:30 am	
Exercise During Cancer Treatment II	●		10:30 - 11:30 am	●
Breast Cancer Exercise	●		11:30 am - 12:30 pm	●
Chair Yoga		●	11:45 am - 12:30 pm	
Stretching through Cancer		●	4:30 - 5:15 pm	
Beginner Mat Yoga		●	6:00 - 7:00 pm	
Tai Chi	●		6:00 - 7:00 pm	
Wednesday				
Bodyweight Exercise for Strength & Balance		●	8:00 - 8:45 am	
Stretching through Prostate 2 nd and 4 th Wednesdays		●	8:30 - 9:00 am	
Exercise After Cancer Treatment I	●		9:00 - 10:00 am	●
Exercise After Cancer Treatment I	●		10:00 - 11:00 am	●
Exercise During Cancer Treatment II	●		11:00 am - 12:00 pm	●
Chair Yoga	●		11:30 am - 12:15 pm	
Stretching through Cancer		●	4:00 - 4:45 pm	
Beginner Mat Yoga	●		5:30 - 6:30 pm	



OPEN GYM

Mondays: 1:15 - 4:30 pm

Tuesdays: 12:30 - 4:30 pm

Wednesdays: 3:00 - 5:00 pm

Thursdays: 3:00-5:00 pm

Fridays: 12:30 - 3:00 pm

Walk & Brunch

Wednesdays, Aug 5, Sep 2
10:00 - 11:30 am
Registration Required

Start your morning off right by taking a walk with exercise staff followed by a catered breakfast. Participants will gather in the kitchen immediately after the walk.

Young Adult Neighborhood Walk

July 6, 6:00 - 6:30 pm
Registration Required

Take an evening stroll with us to get your steps in and partake in evening mindfulness.

EXERCISE

JULY AUGUST SEPTEMBER 2026



LIMITED SERIES

QiGong Series

Sep 2, 9, 16
11:00 am - 12:00 pm

Breast Cancer Yoga

Jul 23, Aug 27, Sep 24
5:30 - 6:30 pm

Restorative Yoga

Jul 28, Aug 25, Sep 22
4:30 - 5:30 pm

IP = In Person class Online class

Thursday

	IP	Online	Time	Medical release required*
Exercise After Cancer Treatment II	●		7:30 - 8:30 am	●
Prostate Cancer Exercise		●	8:00 - 8:45 am	●
Exercise After Cancer Treatment I	●		8:30 - 9:30 am	●
Pilates	●		8:30 - 9:30 am	●
Exercise After Cancer Treatment I	●		9:30 - 10:30 am	●
Exercise During Cancer Treatment II	●		10:30 - 11:30 am	●
Exercise During Cancer Treatment I	●		11:30 am - 12:30 pm	●
Chair Yoga	●		12:30 - 1:15 pm	
Restore Your Core After Cancer		●	2:00 - 2:45 pm	
Spanish Language Yoga		●	6:00 - 7:00 pm	

Friday

Bodyweight Exercise for Strength & Balance		●	8:00 - 8:45 am	
Exercise After Cancer Treatment II	●		9:00 - 10:00 am	●
QiGong	●		9:00 - 10:00 am	
Beginner Chair Yoga		●	10:00 - 11:00 am	
Beginner Mat Yoga	●		10:30 - 11:30 am	
Exercise During Cancer Tx II 11:30-12:30	●		11:30 am - 12:30 pm	●

Saturday

Exercise After Cancer Treatment II	●		7:30 - 8:30 am	●
Exercise After Cancer Treatment I	●		8:30 - 9:30 am	●
Pilates		●	8:30 - 9:15 am	●
Exercise After Cancer Treatment I	●		9:30 - 10:30 am	●
Spanish Language Yoga ALAS -Wings partnership		●	10:00 - 11:00 am	
Exercise During Cancer Treatment II	●		10:30 - 11:30 am	●
Breast Cancer Exercise		●	11:30 am - 12:15 pm	●
Chair Yoga	●		12:30 - 1:15 pm	

*Staff-Registration classes require a Medical Release, Health History and an exercise consultation prior to registration.

PARTNER CLASSES

Lemons of Love

406 W. Central, Mount Prospect

Beginner Mat Yoga
Wednesdays
10:00 - 11:00 am

Loyola

2160 S 1st Ave, Maywood

Exercise for Balance
2nd & 4th Thursdays
10:00 - 11:00 am

McKinley Park Library

1915 W 35th St, Chicago

Tai Chi
August 4, 11, 18, Sept 1, 8, 15, 22
4:30 - 5:15 pm

PAV YMCA

2947 Oak Park Ave, Berwyn

Stretching through Cancer
Wednesdays
5:00 - 6:00 pm

UI Health Mile Square

1220 S. Wood St, Chicago

Chair Yoga
July 16, 23, 30, August 6
5:00 - 5:45 pm

Prostate Cancer Exercise

September 3, 10, 17, 24
5:30 - 6:30 pm

Wellness House for LIVING with CANCER

You'll feel better inside.

Wellness House | Main Location

The Kay & Mike Birck Home of Hope
131 North County Line Road
Hinsdale, Illinois 60521
Phone 630.323.5150 | wellnesshouse.org

For questions or to schedule an individual consultation, contact **Brittany McClarey** at **630.654.7941** or **bmcclarey@wellnesshouse.org**





STRESS MANAGEMENT

For Information:

630.654.7942

Casey Pantazopoulos

cpantazopoulos@wellnesshouse.org

RELAX with techniques to calm your body, still your mind, and improve quality of life.

 IP = In Person class  Online class

Mind/Body	 IP	 Online	July	August	September	Time
Mindfulness for Everyday Living	●		Tuesdays	Tuesdays	Tuesdays	10:30 - 11:30 am
Breathwork	●		14, 21, 28			5:30 - 6:00 pm
Mindful Movement and Meditation		●	Wednesdays	Wednesdays	Wednesdays	9:30 - 10:15 am
Guided Meditation	●		Thursdays	Thursdays	Thursdays	10:30 - 11:30 am
Sound Baths and Meditation	●		Thursdays	Thursdays	Thursdays	1:30 - 2:30 pm
Meditation for Improved Sleep		●	Fridays	Fridays	Fridays	4:00 - 5:00 pm
Sound Baths and Meditation Saturdays	●		18	15	19	11:00 am - 12:00 pm
Sound Bowls	●		31	28		1:30 - 2:30 pm
Journeying Inward: Deep Relaxation for Stress Relief		●		1		11:00 am - 12:15 pm
Mindfulness Meditation Circle		●	20	17	21	11:30 am - 12:30 pm
Self-Compassion Practice		●	15	19	16	6:30 - 7:30 pm
Reiki Clinic		●	18	15	19	11:30am - 12:00 pm
Wellness through Deep Hypnosis		●	18	15	19	10:00 - 11:30 am
Somatic Yoga		●	13, 27	10, 24	14, 28	1:30 - 2:30 pm
Unified Mindfulness	●				14, 21, 28	5:30 - 6:45 pm
Expressive Arts	 IP	 Online	July	August	September	Time
Flute Circle Live	●		7, 14	4, 11	1, 8	10:00 - 11:00 am
Flute Circle		●	21, 28	18, 25	15, 22, 29	10:00 - 11:00 am
Mixed Media	●		16	20	17	1:00 - 3:00 pm
Watercolors	●		13	10	14	1:30 - 3:00 pm
Creative Rest: Collage & Mixed Media	●		8	12	9	4:00 - 6:00 pm
Basic Drawing		●	9, 16, 23			5:30 - 7:00 pm
Charcoal Landscapes		●		10, 17, 24		5:30 - 7:00 pm
Cityscapes		●			10, 17, 24	5:30 - 7:00 pm



IN PERSON — SPECIAL PROGRAMS

GARDEN WALK

July 23, August 21, September 11 | 1:00 - 3:00 pm

Meet at Wellness House

Join us for a refreshing Community Garden Walk as we explore multiple gardens throughout our neighborhood! The journey begins at Wellness House where participants will gather, check in, and receive a brief overview of the walk. From there, we'll travel together to several local gardens, learning about the unique plants, designs, and gardening practices that make each space special.

FOREST THERAPY WALK

July 27 | 10:00 am - 12:00 pm

Experience a slow, sensory-rich walk. Guided by a certified Forest Therapy facilitator, this nature-based practice invites you to gently engage your senses, deepen your connection with the natural world, and rest your nervous system. Participants move mindfully at an easy pace, listen to the rhythms of the forest, and pause for reflective invitations designed to cultivate presence, calm, and a sense of belonging. This healing experience is suitable for all levels and offers a restorative way to reconnect body, heart, and mind amidst trees and fresh air.

MINDFULNESS & MEDITATION SERIES

September 18 & 25 | 2:00 - 3:00 pm

This calming series introduces simple, accessible practices to help you feel more grounded, centered, and connected. Each session blends gentle mindfulness exercises with guided meditation to support relaxation, clarity, and emotional balance. Whether you're new to meditation or looking to deepen your practice, this series offers a supportive space to slow down, breathe, and cultivate inner peace.



PARTNER CLASSES

UI Health Mile Square:

1220 S Wood St, Chicago

Breathwork

July 16, 23, 30

5:45 - 6:30 pm

McKinley Park Library:

1915 W 35th St, Chicago

Simple Art for Stress
Management

Aug 4, 11, 18,

Sep 1, 8, 15, 22

5:45 - 6:30 pm

Oak Park:

Mosaic Counseling and
Wellness, 215 Harrison
St., Oak Park

Cancer Creative
Connections

Jul 25, Aug 15, Sep 26

10:30 am - 12:00 pm

Countryside Church:

1025 N. Smith St,
Palatine

Wellness Through Deep
Hypnosis

August 1

10:00 - 11:30 am

Reiki Clinic

August 1

11:30 am - 12:00 pm

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131 North County Line Road

Hinsdale, Illinois 60521

Phone 630.323.5150 | wellnesshouse.org

For questions or to schedule an
individual consultation, contact

Casey Pantazopoulos at 630.654.7942

or cpantazopoulos@wellnesshouse.org





SUPPORT GROUPS & COUNSELING

For Information:

630.323.5150

 Nevada Bennett, LCPC, NCC
 nbennett@wellnesshouse.org

CONNECT with others who understand what you're going through.

IP = In Person class Online class

Support Groups

	IP	Online	Time	Day
Cancer Support Group	●		3:00 - 4:30 pm	Wednesdays
Caregiver Support Group	●		3:00 - 4:30 pm	Wednesdays
Cancer Support Group		●	7:00 - 8:30 pm	Wednesdays
Caregiver Support Group		●	6:30 - 8:00 pm	Wednesdays
Living with Metastatic Breast Cancer		●	10:00 - 11:30 am	Tuesdays
Living with Recurrent or Metastatic Cancer		●	10:00 - 11:30 am	Fridays
Men's Support Group		●	12:00 - 1:30 pm	Tuesdays
Women's Support Group		●	2:00 - 3:30 pm	Tuesdays

Bereavement Groups

	IP	Online	Time	Day
Bereavement Support Group	●		5:00 - 6:30 pm	Mondays
Bereavement Support Group		●	5:00 - 6:30 pm	Tuesdays
Young Adults Bereavement	●	●	9:30 - 11:00 am	July 11 August 1, September 12
Connections for Those Who Have Lost a Parent		●	6:30 - 8:00 pm	August 6, September 1
Bereaved Solo Parents with Young Children/Teens	●		7:00 - 8:30 pm	July 14, August 11, September 8
Transitions Group for Spouses	●			Wednesdays, twice monthly
Transitions Alumni	●		5:00 - 6:30 pm	July 28, August 25, September 22

JOURNEY THROUGH GRIEF SERIES

Fridays, September 11 and September 18 | 3:00 - 4:00 pm

A supportive program designed to help patients, families, and caregivers process loss, trauma, and identity shifts that often accompany cancer diagnosis, treatment, and bereavement. It integrates grief theory, trauma-informed care, and psychosocial support. This is a 2 part series and we welcome all impacts to join.

PARTNER SITE GROUPS |

Oak Park Library:

834 Lake St, Oak Park

Cancer Support Group Mondays

5:30 - 7:00 pm

OSF Little Company of Mary: 2800 W

95th St, Evergreen Park, Cancer Center Library Room S1145

Women's Support Group

Jul 21 | 4:45 - 6:00 pm;

Aug 18, Sep 15 | 4:00 - 5:15 pm

Caregiver Support Group

Jul 21 | 6:15 - 7:30 pm;

Aug 18, Sep 15 | 5:30 - 6:45 pm

UI Health Mile Square Health Center:

1220 S Wood St, Chicago, Room 1051

Women of Color Connections Group

Jul 21, Aug 18, Sep 15

11:00 am - 12:30 pm

SUPPORT GROUPS & COUNSELING

JULY AUGUST SEPTEMBER 2026



 IP = In Person class  Online class

Groups that have red dots in both in person and online are offered in a hybrid fashion.

Diagnosis Specific & Peer Connection Groups	 IP	 Online	July	August	September	Time
Bladder Cancer	●	●	28	25	22	3:00 - 4:30 pm
Brain Tumor		●	23	27	24	3:00 - 4:30 pm
Breast Cancer	●		16	6, 20	3, 17	2:00 - 3:30 pm
Breast Cancer		●	13, 27	10, 24	14, 28	6:30 - 8:00 pm
Breast Cancer Hormone Therapy		●	23	27	24	5:15 - 6:15 pm
Colon/Rectal Cancer	●	●	20	17	21	7:00 - 8:30 pm
Gynecologic Cancers		●	9	13	10	6:30 - 8:00 pm
Head, Neck & Thyroid Cancer		●	21	18	15	7:00 - 8:30 pm
LGBTQ+ Cancer Connections	●	●	7	4	1	3:00 - 4:30 pm
Lung Cancer		●	20	17	21	3:00 - 4:30 pm
Lymphoma & Leukemia		●	9	13	10	7:00 - 8:30 pm
Melanoma		●	28	25	22	7:00 - 8:30 pm
Metastatic Breast Cancer	●		6	3		6:30 - 8:00pm
Metastatic Prostate Cancer		●	21	18	15	3:00 - 4:30 pm
Multiple Myeloma		●	16	20	17	6:30 - 8:00 pm
Neuroendocrine Tumors (NET)	●	●	11	8	12	10:30 am - 12:30 pm
Pancreatic Cancer		●	14, 28	11, 25	8, 22	3:00 - 4:15 pm
Prostate Cancer		●	8, 22	12, 26	9, 23	9:30 - 11:00 am
Prostate Cancer	●		15	5, 19	2, 16	9:30 - 11:00 am
Sarcoma Cancers		●	18	15	19	11:00 am - 12:30 pm
Death Café Alumni		●	7	4	1	5:00 - 6:30 pm
Meaning-Centered Psychotherapy Alumni		●	14	11	8	3:00 - 4:30 pm
Soul Chat: Cancer + Spirituality Group for Black, Indigenous, & People of Color, UIH MSHC partnership		●	20	17	21	6:30 - 8:00 pm
Spiritual Side of Cancer	●		14	11	8	5:00 - 6:30 pm
Survivorship	●		9	13	10	5:15 - 6:15 pm
Young Adults with Breast Cancer Connections	●	●	27	24	28	9:00 - 10:15 am
Young Adults with Cancer Connections	●		6	3	7	7:00 - 8:30 pm

MEMORIAL SLOAN KETTERING'S MEANING CENTERED PSYCHOTHERAPY

Thursdays, August 6 - September 24 | 1:00 - 2:30 pm

Meaning-Centered Psychotherapy is an 8-week course designed by Memorial Sloan Kettering Cancer Center to strengthen meaning in the face of cancer by helping people create and sustain meaning. This is a committed online group open to anyone who has had a cancer diagnosis or is tending to a loved one with a cancer diagnosis. Staff Registration Required.

Wellness House for LIVING with CANCER

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Wellness House | Main Location

The Kay & Mike Birck Home of Hope
131 North County Line Road
Hinsdale, Illinois 60521
Phone 630.323.5150 | wellnesshouse.org

Individual consultations and short-term counseling are available. To schedule an appointment, contact **Nevada Bennett** at **630.323.5150** or **nbennett@wellnesshouse.org**





CHILD & FAMILY

For Information:

Contact

abarber@wellnesshouse.org

or 630.654.5115.

BUILD UNDERSTANDING with programs that create a place to learn, express feelings, and heal.

IN PERSON GROUPS |

Support Groups

Groups for children, teens and parents to receive peer support and explore their feelings as they navigate a cancer diagnosis.

Toddler Talk: Parent & Tot Connections	Aug 5, Sep 2	10:00 - 10:45 am	Ages 2-5
Teen Group <i>For those with a loved one diagnosed</i>	Jul 8, 22, Aug 12, 26, Sep 9, 23	5:15 - 6:45 pm	Ages 12-18
Kids Group <i>For those with a loved one diagnosed</i>	Wednesdays	4:30 - 6:00 pm	Ages 6-11
Kids Group Parents	Jul 8, Aug 12, Sep 9	4:30 - 5:30 pm	Parents
Brave Teens <i>For diagnosed teens</i>	Jul 20, Aug 3, 17, Sep 2, 23	6:45 - 7:45 pm	Ages 12-18
Brave Kids <i>For diagnosed kids</i>	Jul 15, Aug 5, 19, Sep 9, 16	5:15 - 6:45 pm	Ages 6-11
Monthly Parent Workshop 	Jul 27, Aug 24, Sep 28	7:00 - 8:00 pm	Parents
Parent Podcast Club 	Jul 21, Aug 18, Sep 15	6:00 - 7:00 pm	Parents

Bereavement

Supportive peer groups for children, teens, and parents who are grieving the loss of a loved one due to cancer.

Turtles	Mondays	5:30 - 6:30 pm	Ages 6-12
Teen Turtles	Jul 20, Aug 17, Sep 21	4:30 - 5:30 pm	Ages 13-19
Tiny Turtles	Jul 13, 27, Aug 10, 24, Sep 14, 28	4:30 - 5:30 pm	Ages 3-6
Bereaved Solo Parents with Young Children/Teens	Jul 14, Aug 11, Sep 8	7:00 - 8:30 pm	Parents

Wellness Classes

Stress Management

Kids Art

 Aug 5, Sep 2
 5:30 - 6:15 pm

Stress Free Saturday for Kids & Families

 Jul 11, Aug 8, Sep 12
 10:00 - 11:00 am

Exercise

Kids Yoga

 Jul 22, Aug 26, Sep 23
 5:30 - 6:15 pm

Yoga & Sound Under the Stars

 Jul 18, Aug 15, Sep 19
 11:00 am - 1:00 pm

Nutrition Classes

Date Night: Couples Cooking Class

July 13, August 10
5:30 - 7:00 pm

Bring a spouse, friend, or family member for a memorable night of cooking, laughter, and connection! You'll prepare delicious, nourishing recipes, bond with your loved one, and connect with others!

 To register, contact Jamie Shifley at 630.654.5196 or jshifley@wellnesshouse.org.

 For questions or to schedule a consultation contact
Lexie Barber, MS, CCLS at
abarber@wellnesshouse.org




SPECIAL EVENTS



Back to School Ice Cream Social

Thursday, August 13 | 4:30 - 6:30 pm

Registration Required

Join us at Wellness House for a sweet end-of-summer ice cream social as we celebrate the start of a new school year and reconnect with friends. Enjoy a relaxing afternoon filled with treats, laughter, and meaningful time together with your Wellness House community.



Pediatric Cancer Awareness Month Family Picnic

Saturday, September 12 | 1:00 - 3:30 pm

Registration Required

Join us for a fun family picnic in recognition of Pediatric Cancer Awareness Month—open to all families in the community. Enjoy lemonade in honor of yellow ribbons, picnic favorites and snacks, arts and crafts, and the chance to connect with local nonprofits and others who care about supporting kids and families.

PARTNER PROGRAMS

Family Coping Skills & Movement

Monday, Jul 27, Aug 24, Sep 28
4:30 - 5:30 pm

Join us for an evening of stress management techniques and gentle family yoga- all ages are welcome!

Location: UIH Mile Square
1220 S. Wood St., Chicago, IL 60608

Family Nutrition & Exercise

Wednesday, Aug 7
12:30 - 2:00 pm

Bring the whole family together for a unique blend of creativity and movement! You'll experience movement activities, creativity, and family bonding time.

Location: McKinley Park Library,
1915 W 35th St, Chicago, IL 60609

Family Art & Exercise Fun

Wednesday, Aug 12
5:30 - 6:30 pm

Bring the whole family together for a unique blend of creativity and movement! You'll experience movement activities, creativity, and family bonding time.

Location: UIH Mile Square
1220 S. Wood St., Chicago, IL 60608

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131 North County Line Road
Hinsdale, Illinois 60521

Phone 630.323.5150 | wellnesshouse.org

Parent, Child, Teen and Family Consultations

Consultations and short-term counseling are available to assist parents, children, teens, families, family caregivers and couples in addressing concerns about cancer and developing positive coping strategies.

For more information or to schedule an appointment, please contact Lexie Barber at abarber@wellnesshouse.org or 630-654-5115.

APOYO GRATUITO PARA EL CÁNCER

Para obtener más información, comuníquese por correo electrónico o por teléfono.



Contáctenos

Para obtener más información,
llame al 630.654.7217 o
igarciaperez@wellnesshouse.org

Consulta de Consejero

Home of Hope or online

Para programar una cita de terapia,
llame a Ima Garcia Perez 630-654-7217.
Wellness House ofrece sesiones de
terapia para personas afectadas por el
cáncer, como las personas
diagnosticadas con cáncer, los
cuidadores o los miembros de la
familia.

Consulta de Pelucas



Home of Hope

Para programar una cita de peluca de
Wellness House llame a
Sofia Herron Geller a 630-560-0335,
sherrongeller@wellnesshouse.org.
Recomendaciones personalizadas para
el estilo, color, ajuste y cuidado de la
peluca con uno de nuestros expertos.
Reciba una peluca sin alguno costo si
tiene pérdida de cabello debido a su
tratamiento de cáncer.

Consultas de ejercicio

Para programar una consulta,
comuníquese con Ima Garcia Perez.

Consultas de nutrición

Para programar una consulta,
comuníquese con Everly Inzunza,
einzunza@wellnesshouse.org o
630-654-5194.



Obtenga más
información
sobre Wellness
House



Apoyo

Grupo de apoyo para personas viviendo con cáncer

Cada miércoles | 5:00 - 6:15 pm | En persona y en línea

Este grupo de apoyo está diseñado para abordar los desafíos emocionales que vienen con un diagnóstico de cáncer al brindar un espacio seguro para que las personas diagnosticadas se reúnan para compartir experiencias, lidiar con la ansiedad y la preocupación y para apoyarse mutuamente. Este grupo tocará diferentes temas de cáncer en diferentes secciones.

Viaje a Través Del Duelo

Viernes Septiembre 11, 18 | 4:00 - 5:00 pm | En persona

DIRECCIÓN: 131 N. County Line Rd., Hinsdale, IL 60521

Un programa de apoyo diseñado para ayudar a pacientes, familiares y cuidadores a procesar las pérdidas, el trauma y los cambios en la identidad que suelen acompañar al diagnóstico de cáncer, el tratamiento y el duelo por la pérdida de un ser querido. Integra teoría del duelo, atención informada por el trauma y apoyo psicosocial. Tanto la serie en inglés como la serie en español constan de dos partes. Damos la bienvenida a todas las personas afectadas por el cáncer para que participen.

Ejercicio

Yoga en español

Sábado | 10:00 - 11:00 am | en línea

En asociación con ALAS-Wings

ALAS Wings x Posturas de yoga para principiantes y restaurativas basadas en colchonetas y de pie, instruidas en español.

Yoga en español

Jueves | 6:00 - 7:00 pm | en línea

Posturas de yoga para principiantes y restaurativas basadas en colchonetas y de pie, instruidas en español.

Yoga en español

Martes Agosto 11, Septiembre 8 | 5:00 - 6:00 pm | En persona

Stickney Library, 6800 43rd St, Stickney, IL

Posturas de yoga para principiantes y restaurativas basadas en colchonetas y de pie, instruidas en español.

Nutrición

Cocinar para el cáncer

Sábado Agosto 1 (en persona), Septiembre 19 (en línea) | 10:30 am - 12:00 pm

Esta demostración de cocina contará con recetas fáciles y saludables para ayudarle a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.

Temas de nutrición con la Dietista

Miércoles Agosto 12, Septiembre 9 | 6:15 - 7:00 pm | en línea

En esta clase abordaremos diversos temas relacionados con la nutrición. Analizaremos a fondo los hábitos, alimentos y nutrientes que, según las investigaciones, aumentan o disminuyen el riesgo de cáncer, así como la manera de incorporar estas recomendaciones a una dieta equilibrada.

Cocinar para el cáncer

Martes Julio 14, Agosto 11, Septiembre 8 | 6:00 - 7:00 pm | En persona

DIRECCIÓN: Stickney Library- 6800 43rd St, Stickney, IL

Esta demostración de clase de cocina contará con recetas fáciles y saludables para ayudarle a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.

WELLNESS HOUSE PARTNER NETWORK

Wellness House offers programs onsite at our partner locations throughout metro Chicago. We offer classes and events on nutrition, exercise, support and counseling, information, and educational programs that best serve the people in the immediate community.



Mile Square Health Center

1220 S Wood St., Chicago, IL 60608

To view all classes at Mile Square Health Center, visit wellnesshouse.org/uihealth



Loyola Medicine

Cardinal Bernardin Cancer Center
2160 S. 1st Ave., Maywood, IL 60153

To view all classes at Loyola Medicine, visit wellnesshouse.org/Loyola



OSF Little Company of Mary

Cancer Center Library, Room S1145
2800 West 95th Street,
Evergreen Park, IL 60805

To view all classes at OSF Little Company of Mary, visit Wellnesshouse.org/osflittlecompanyofmary



Hope and Healing
Cancer Services



A Member of Trinity Health

Hope and Healing Cancer Clinic and
Advocates for Community Wellness

Visit one of our other partners throughout the Chicagoland area

Partnership programs are listed throughout the guide and are held at many of the sites listed below. Please note that participants need not be patients of these hospitals in order to attend the groups and classes.

To schedule an appointment for Unique Boutique services at our main location in Hinsdale, call 630.654.5110 or email uniqueboutique@wellnesshouse.org.

Appointments are limited provided at no cost.